

Cinnamon Rolls

Grains/Breads

Grains/Breads

B-08

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|---------------------------------------|-------------|---------------|--------------|-----------------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | For best results, have all ingredients and utensils at room temperature. |
| Active dry yeast (see Special Tip) | | ½ cup | 3 ¼ oz | ½ cup 2 Tbsp | 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes. |
| Water, warm (110° F) | | 1 ½ cups | | 3 cups | |
| Enriched all-purpose flour | 3 lb 10 oz | 3 qt 1 ½ cups | 7 lb 4 oz | 1 gal 2 ¾ qt | 2. Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed. |
| Instant nonfat dry milk | 3 ¼ oz | 1 ½ cups | 6 ½ oz | 2 ¾ cups | |
| Sugar | 5 ¾ oz | ¾ cup 2 Tbsp | 11 ½ oz | 1 ½ cups 2 Tbsp | |
| Salt | | 2 Tbsp | 2 ½ oz | ¼ cup | |
| Vegetable oil | | ¾ cup 2 Tbsp | | 1 ¾ cups | 3. Add oil and blend for approximately 2 minutes on low speed. |
| Water (68° F) | | 2 ½ cups | | 1 qt 1 cup | 4. Add water. Mix for 1 minute on low speed. |
| | | | | | 5. Add dissolved yeast and mix for 2 minutes on low speed. |
| | | | | | 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. |
| | | | | | 7. Place in warm area (about 90° F) for 45-60 minutes. |
| | | | | | 8. Place dough on lightly floured surface. Divide into balls, 3 lb 2 oz each. For 50 servings, divide into 2 balls. For 100 servings, divide into 4 balls. |
| Ground cinnamon | | ¼ cup | | ½ cup | 9. Combine cinnamon and sugar. Mix well. Set aside for step 11. |
| Sugar | 5 ¼ oz | ¾ cup | 10 ½ oz | 1 ½ cups | |
| | | | | | 10. Roll each ball of dough into a rectangle 25" x 10", ¼" thick. |
| Vegetable oil | | 1 Tbsp | | 2 Tbsp | 11. Lightly brush each rectangle with oil. Sprinkle approximately ½ cup cinnamon-sugar mixture over each rectangle. |
| Raisins | 10 oz | 2 cups | 1 lb 4 ½ oz | 1 qt | 12. Sprinkle 1 cup raisins over cinnamon-sugar mixture on each rectangle. |

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| | | | 13. Roll each rectangle on the long side to form a long slender roll. Cut each roll into 25 uniform pieces 1" thick. |
| | | | 14. Place in rows of 5 across and 10 down on sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. |
| | | | 15. Place in a warm area (about 90° F) until double in size, 30-50 minutes. |
| | | | 16. Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-14 minutes |
| Margarine or butter, melted (optional) | 1 Tbsp | 2 Tbsp | 17. Optional: Brush lightly with melted margarine or butter (approximately 1 Tbsp per pan) while warm. |

SERVING:

1 roll provides 2 servings of grains/breads.

YIELD:

50 Servings: 6 lb 4 oz (dough)
1 sheet pan

100 Servings: 12 lb 8 oz (dough)
2 sheet pans

VOLUME:

50 Servings: about 50 rolls

100 Servings: about 100 rolls

Tested 2004

Special Tip:

To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

For 50 servings, omit step 1. In step 2, add ¼ cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-17.

For 100 servings, omit step 1. In step 2, add 2 ½ oz (¼ cup 3 ⅔ Tbsp) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-17.

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Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 209 | Saturated Fat | 0.65 g | Iron | 2.08 mg |
| Protein | 4.73 g | Cholesterol | 0 mg | Calcium | 39 mg |
| Carbohydrate | 37.70 g | Vitamin A | 46 IU | Sodium | 292 mg |
| Total Fat | 4.53 g | Vitamin C | 0.5 mg | Dietary Fiber | 1.7 g |